

What is the relationship between dietary potassium intake and blood pressure in adults? (DGAC 2010)

Conclusion

Considerable evidence has demonstrated that a higher intake of potassium is associated with lower blood pressure in adults.

Grade: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between dietary potassium intake and blood pressure in adults?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Dietary Potassium and Blood Pressure in Adults](#)